

For Immediate Release:

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For More Information, Contact:

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To Attend the Training, Contact:

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Radisson (Galleria Ballroom) from 12-1pm on 1/18

Dental Professionals Train to Conduct Blood Pressure Screenings

BISMARCK, N.D. - The North Dakota Department of Health (NDDoH) Oral Health and Heart Disease and Stroke Prevention Programs are partnering with the North Dakota Dental Association and Blue Cross and Blue Shield of North Dakota to provide *Blood Pressure Protocol Training* to dental professionals across the state on January 18, 2019 during the Mid-Winter Dental Conference in Bismarck, ND.

Millions of Americans have high blood pressure that is undiagnosed. Because dental professionals typically see patients who consider themselves healthy, they have an opportunity to identify and refer patients if high blood pressure is found, educate on the health risks associated with high blood pressure, recommend appropriate lifestyle modifications and promote healthy lifestyles.

High blood pressure, also known as hypertension, is classified as blood pressure higher than 120/80 mmHg and usually has no signs or symptoms; hence, it is known as the silent killer. High blood pressure makes the heart work too hard and increases the risk of heart disease and stroke. According to the Centers for Disease Control and Prevention (CDC), approximately one in three U.S. adults has high blood pressure; and diseases of the heart are the number one cause of death in North Dakota.

Heart disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain, or a stroke. According to the American Heart Association, 80 percent of heart disease is preventable. To reduce your chance of high blood pressure, eat healthy, get enough quality sleep, be physically active, quit smoking, manage stress, and know your numbers.

To easily track blood pressure numbers, the American Heart Association developed Heart360 (www.heart360.org), a free web-based tool that can be shared with your health care provider.

The NDDoH offers free educational materials to help people manage blood pressure, eat healthier, become more physically active and quit smoking. For more information, visit www.ndhealth.gov/heartstroke/ or call 1.800.280.5512.

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